



Abridged List Ordered by Nutrient Content in Household Measure  
Source: USDA National Nutrient Database for Standard Reference Legacy (2018)  
Nutrients: **Manganese, Mn(mg)**

Description	Measure	Manganese, Mn(mg)Per Measure
Nuts, butternuts, dried	1.0 cups	7.872
Blueberries, wild, canned, heavy syrup, drained	1.0 cups	7.337
Teff, cooked	1.0 cups	7.207
Nuts, hazelnuts or filberts	1.0 cups, chopped	7.101
Rice flour, brown	1.0 cups	6.341
Seeds, pumpkin and squash seed kernels, roasted, with	1.0 cups	5.298
Mollusks, mussel, blue, raw	1.0 cups	5.1
Cereals ready-to-eat, granola, homemade	1.0 cups	4.875
Oat flour, partially debranned	1.0 cups	4.18
Beans, adzuki, mature seeds, raw	1.0 cups	3.408
Pie Crust, Cookie-type, Chocolate, Ready Crust	1.0 crust	3.336
Macaroni, vegetable, enriched, dry	1.0 cups spiral shaped	3.231
Nuts, almonds, dry roasted, without salt added	1.0 cups whole kernels	3.08
Beans, pink, mature seeds, raw	1.0 cups	2.89
Seeds, sunflower seed kernels, toasted, without salt	1.0 cups	2.833
Seeds, sunflower seed kernels, oil roasted, without salt	1.0 cups	2.808
Pasta, whole-wheat, dry (Includes foods for USDA's Food Distribution Program)	1.0 cups spaghetti	2.715
Peanuts, all types, dry-roasted, without salt	1.0 cups	2.608
Peanuts, valencia, oil-roasted, without salt	1.0 cups	2.478
Candies, confectioner's coating, peanut butter	1.0 cups chips	2.352
Garlic, raw	1.0 cups	2.274
Lima beans, immature seeds, cooked, boiled, drained,	1.0 cups	2.128
Beans, black, mature seeds, raw	1.0 cups	2.056
Rice, white, long-grain, regular, raw, unenriched	1.0 cups	2.013
Cereals, WHEATENA, cooked with water	1.0 cups	1.997
Blackberries, frozen, unsweetened	1.0 cups, unthawed	1.847
Loganberries, frozen	1.0 cups, unthawed	1.833
Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	1.0 cups	1.551
Barley flour or meal	1.0 cups	1.53
Sorghum flour, whole-grain	1.0 cups	1.522
Tofu, raw, firm, prepared with calcium sulfate	0.5 cups	1.488
Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	1.0 cups	1.463

Soybeans, green, raw	1.0 cups	1.4
Nuts, chestnuts, european, raw, unpeeled	1.0 cups	1.38
Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	1.0 cups	1.345
Macaroni, vegetable, enriched, cooked	1.0 cups spiral shaped	1.321
Soup, black bean, canned, condensed	1.0 cups (8 fl oz)	1.285
Sweet potato, canned, syrup pack, drained solids	1.0 cups	1.205
Edamame, frozen, unprepared	1.0 cups	1.192
Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	2.0 biscuits (1 NLEA serving)	1.184
Spinach, canned, regular pack, solids and liquids	1.0 cups	1.154
Lima beans, immature seeds, frozen, baby, unprepared	1.0 cups	1.151
Amaranth leaves, cooked, boiled, drained, without salt	1.0 cups	1.137
Cereals, oats, instant, fortified, with raisins and spice, prepared with water	1.0 cups	1.118
Wheat flour, white, bread, enriched	1.0 cups	1.085
Pie crust, deep dish, frozen, baked, made with enriched flour	1.0 pie crust (average weight)	1.077
Pie crust, deep dish, frozen, unbaked, made with enriched flour	1.0 pie crust (average weight)	1.071
Beets, canned, regular pack, solids and liquids	1.0 cups	1.011
Pasta, fresh-refrigerated, spinach, as purchased	4.0 oz	1
Beverages, Whey protein powder isolate	3.0 scoop	0.998
Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	1.0 cups	0.944
Beverages, tea, instant, unsweetened, powder	1.0 serving 1 tsp	0.931
Beans, baked, canned, with pork	1.0 cups	0.913
Soybeans, green, cooked, boiled, drained, without salt	1.0 cups	0.904
Wheat flour, white, all-purpose, unenriched	1.0 cups	0.853
Wheat flour, white, all-purpose, enriched, calcium-	1.0 cups	0.853
Pasta, dry, unenriched	1.0 cups spaghetti	0.834
Pasta, dry, enriched	1.0 cups spaghetti	0.834
Okra, frozen, unprepared	0.33 package (10 oz)	0.829
Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	1.0 cups	0.815
Cowpeas (blackeyes), immature seeds, raw	1.0 cups	0.812
Fish, burbot, cooked, dry heat	1.0 fillet	0.807
Corn grain, white	1.0 cups	0.805
Nuts, coconut meat, dried (desiccated), toasted	1.0 oz	0.794
Turnip greens, frozen, cooked, boiled, drained, without	1.0 cups	0.779
Nuts, coconut meat, dried (desiccated), not sweetened	1.0 oz	0.778
Okra, frozen, cooked, boiled, drained, without salt	0.5 cups slices	0.776
Snacks, pretzels, hard, whole-wheat including both salted and unsalted	1.0 oz	0.755
Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	0.75 cups (1 NLEA serving)	0.747
Rice, white, long-grain, regular, cooked, unenriched,	1.0 cups	0.746

Seeds, lotus seeds, dried	1.0 cups	0.742
Tomato products, canned, sauce, with onions	1.0 cups	0.737
Boysenberries, frozen, unsweetened	1.0 cups, unthawed	0.722
Rice, white, medium-grain, cooked, unenriched	1.0 cups	0.701
Pasta, fresh-refrigerated, plain, as purchased	4.0 oz	0.7
Bread, whole-wheat, commercially prepared	1.0 slice	0.696
Potatoes, Russet, flesh and skin, baked	1.0 potato large (3" to 4-1/4" dia.	0.682
Fish, trout, mixed species, cooked, dry heat	1.0 fillet	0.676
DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	1.0 slice 1/4 of pie	0.67
Soybeans, mature seeds, sprouted, cooked, steamed	1.0 cups	0.667
Grapes, american type (slip skin), raw	1.0 cups	0.661
Carrots, canned, regular pack, drained solids	1.0 cups, sliced	0.657
Turnip greens and turnips, frozen, cooked, boiled,	1.0 cups	0.652
Candies, NESTLE, BUTTERFINGER Crisp	1.0 piece	0.646
Soup, pea, green, canned, condensed	0.5 cups	0.64
Boysenberries, canned, heavy syrup	1.0 cups	0.64
Tomato products, canned, sauce, with onions, green peppers, and celery	1.0 cups	0.61
Cornmeal, whole-grain, white	1.0 cups	0.608
Beans, black turtle, mature seeds, cooked, boiled,	1.0 cups	0.605
Blueberries, frozen, sweetened	1.0 cups, thawed	0.603
Collards, frozen, chopped, unprepared	0.33 package (10 oz)	0.601
Soup, pea, split with ham, canned, chunky, ready-to-	1.0 cups	0.6
Spices, ginger, ground	1.0 tsp	0.599
Persimmons, japanese, raw	1.0 fruit (2-1/2" dia)	0.596
Peas, green, raw	1.0 cups	0.594
Spices, turmeric, ground	1.0 tsp	0.594
Syrups, table blends, pancake, with 2% maple, with added potassium	1.0 cups	0.583
Nuts, mixed nuts, oil roasted, with peanuts, lightly	1.0 oz	0.578
Sweet potato, cooked, baked in skin, flesh, with salt	1.0 medium (2" dia, 5" long, raw)	0.567
Seeds, safflower seed meal, partially defatted	1.0 oz	0.566
Peas and carrots, frozen, cooked, boiled, drained, without salt	1.0 package (10 oz) yields	0.562
Beans, black turtle, mature seeds, canned	1.0 cups	0.559
Muffin, blueberry, commercially prepared, low-fat	1.0 muffin small	0.557
Snacks, rice cakes, brown rice, buckwheat	1.0 cake	0.556
Pokeberry shoots, (poke), cooked, boiled, drained,	1.0 cups	0.554
Carrots, canned, no salt added, solids and liquids	0.5 cups slices	0.553
Lima beans, immature seeds, frozen, fordhook,	1.0 cups	0.552
Squash, summer, zucchini, italian style, canned	1.0 cups	0.545
Tomato products, canned, sauce, with tomato tidbits	1.0 cups	0.537

Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	1.0 bagel	0.534
Crackers, wheat, regular	16.0 crackers 1 serving	0.527
Peas, mature seeds, sprouted, raw	1.0 cups	0.526
Beans, pinto, immature seeds, frozen, unprepared	0.33 package (10 oz)	0.513
Noodles, egg, spinach, enriched, cooked	1.0 cups	0.507
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	1.0 cups slices	0.505
Noodles, egg, unenriched, cooked, without added salt	1.0 cups	0.504
Mollusks, oyster, eastern, wild, cooked, moist heat	3.0 oz	0.502
Currants, zante, dried	1.0 cups	0.497
Turnip greens, cooked, boiled, drained, without salt	1.0 cups, chopped	0.485
Desserts, mousse, chocolate, prepared-from-recipe	1.0 recipe yield	0.477
Snacks, rice cakes, brown rice, multigrain	1.0 cake	0.47
Pancakes, buckwheat, dry mix, incomplete	1.0 oz	0.469
Gravy, beef, canned, ready-to-serve	1.0 cups	0.466
Cereals, CREAM OF RICE, dry	0.25 cups (1 NLEA serving)	0.465
Broccoli, frozen, chopped, unprepared	1.0 cups	0.459
Snacks, rice cakes, brown rice, corn	1.0 cake	0.457
Cardoon, raw	1.0 cups, shredded	0.456
Spices, cinnamon, ground	1.0 tsp	0.454
Beets, raw	1.0 cups	0.447
Noodles, japanese, somen, cooked	1.0 cups	0.442
Apricots, dehydrated (low-moisture), sulfured,	1.0 cups	0.439
Corn flour, yellow, masa, enriched	1.0 cups	0.429
Tomato products, canned, puree, with salt added	1.0 cups	0.422
Tomato products, canned, puree, without salt added	1.0 cups	0.422
Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	1.0 cups	0.418
Bread, protein (includes gluten)	1.0 oz	0.417
Mollusks, oyster, eastern, cooked, breaded and fried	3.0 oz	0.416
Squash, winter, butternut, frozen, cooked, boiled,	1.0 cups, mashed	0.415
Peaches, dehydrated (low-moisture), sulfured, stewed	1.0 cups	0.411
Asparagus, canned, drained solids	1.0 cups	0.411
Mountain yam, hawaii, cooked, steamed, without salt	1.0 cups, cubes	0.41
Broccoli, frozen, chopped, cooked, boiled, drained,	1.0 cups	0.41
Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	1.0 oz	0.408
Biscuits, plain or buttermilk, dry mix	1.0 cups, purchased	0.408
Potatoes, scalloped, home-prepared with butter	1.0 cups	0.407
Pears, dried, sulfured, stewed, without added sugar	1.0 cups, halves	0.405
Seeds, sesame flour, low-fat	1.0 oz	0.396
Bamboo shoots, raw	1.0 cups (1/2" slices)	0.396

Snacks, granola bars, soft, uncoated, peanut butter	1.0 bar (1 oz)	0.392
Mollusks, oyster, eastern, wild, cooked, dry heat	3.0 oz	0.39
Turnip greens, frozen, cooked, boiled, drained, with salt	0.5 cups	0.389
Beans, snap, green, frozen, cooked, boiled, drained	1.0 cups	0.389
Plantains, yellow, raw	1.0 plantain	0.389
Bread, cracked-wheat	1.0 oz	0.389
Tree fern, cooked, without salt	0.5 cups, chopped	0.383
Soup, chicken with rice, canned, condensed	0.5 cups	0.378
Chocolate, dark, 60-69% cacao solids	1.0 oz	0.376
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	1.0 cups	0.37
Soup, beef broth, bouillon, consomme, prepared with equal volume water	1.0 cups (8 fl oz)	0.366
Soup, cream of shrimp, canned, prepared with equal	1.0 cups	0.366
Snacks, oriental mix, rice-based	1.0 oz	0.361
Squash, winter, acorn, cooked, boiled, mashed, with salt	1.0 cups, mashed	0.358
Squash, winter, acorn, cooked, boiled, mashed, without	1.0 cups, mashed	0.358
Potatoes, baked, skin, without salt	1.0 skin	0.357
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	1.0 cups	0.357
Cookies, molasses	1.0 oz	0.356
Purslane, cooked, boiled, drained, without salt	1.0 cups	0.353
Squash, winter, butternut, cooked, baked, without salt	1.0 cups, cubes	0.353
Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS	1.0 serving	0.352
Cereals, CREAM OF RICE, cooked with water, with salt	1.0 cups	0.351
Squash, winter, hubbard, baked, with salt	1.0 cups, cubes	0.349
Soup, chicken noodle, dry, mix	1.0 packet	0.346
Bread, reduced-calorie, wheat	1.0 oz	0.343
Nuts, almond butter, plain, with salt added	1.0 tbsp	0.341
Peas, edible-podded, frozen, unprepared	1.0 cups	0.338
Burdock root, cooked, boiled, drained, without salt	1.0 cups (1" pieces)	0.338
Crackers, rye, wafers, seasoned	0.5 oz	0.337
Mollusks, oyster, eastern, farmed, raw	3.0 oz	0.335
Beans, kidney, mature seeds, sprouted, raw	1.0 cups	0.335
Noodles, egg, dry, unenriched	1.0 cups	0.325
Mollusks, oyster, Pacific, raw	1.0 medium	0.322
Chocolate-flavored hazelnut spread	1.0 serving 2 TBSP	0.321
Fast foods, croissant, with egg, cheese, and sausage	1.0 sandwich	0.315
Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	1.0 cups, sliced	0.311
Nuts, chestnuts, chinese, boiled and steamed	1.0 oz	0.311
Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	1.0 leek	0.306
Pie, Dutch Apple, Commercially Prepared	0.12 pie 1 pie (1/8 of 9" pie)	0.305
Orange juice, frozen concentrate, unsweetened,	1.0 cups	0.304

Turnip greens, frozen, unprepared	0.5 cups, chopped or diced	0.303
Bread, wheat	1.0 slice	0.298
Squash, winter, hubbard, cooked, boiled, mashed, with	1.0 cups, mashed	0.297
Squash, winter, hubbard, cooked, boiled, mashed,	1.0 cups, mashed	0.297
Kale, frozen, unprepared	1.0 cups	0.297
Brussels sprouts, raw	1.0 cups	0.297
Fast foods, english muffin, with egg, cheese, and	1.0 sandwich	0.296
Candies, NESTLE, BUTTERFINGER Bar	1.0 serving 2.1 oz bar	0.294
Apples, frozen, unsweetened, unheated (Includes foods for USDA's Food Distribution Program)	1.0 cups slices	0.292
Bread, pan dulce, sweet yeast bread	1.0 slice (average weight of 1 slice)	0.29
Bread, oatmeal, toasted	1.0 oz	0.29
Bread, pita, white, enriched	1.0 pita, large (6-1/2" dia)	0.289
Currants, european black, raw	1.0 cups	0.287
Snacks, crisped rice bar, chocolate chip	1.0 bar (1 oz)	0.28
Fast foods, biscuit, with egg and bacon	1.0 biscuit	0.279
Cress, garden, raw	1.0 cups	0.277
Noodles, japanese, somen, dry	2.0 oz	0.273
Soup, beef noodle, canned, condensed	0.5 cups	0.273
Cookies, oatmeal, refrigerated dough, baked	1.0 oz	0.27
Spinach, raw	1.0 cups	0.269
Cracker, meal	1.0 oz	0.268
Cake, chocolate, prepared from recipe without frosting	1.0 piece (1/12 of 9" dia)	0.266
Fish, pike, northern, cooked, dry heat	3.0 oz	0.264
Drumstick pods, raw	1.0 cups slices	0.259
Cookies, peanut butter sandwich, regular	1.0 oz	0.259
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	1.0 cups	0.256
Frostings, coconut-nut, ready-to-eat	0.08 package	0.256
Soup, cream of celery, canned, prepared with equal	1.0 cups	0.255
Biscuits, plain or buttermilk, refrigerated dough, higher	1.0 biscuit	0.254
Cream puff, eclair, custard or cream filled, iced	4.0 oz	0.253
Tortillas, ready-to-bake or -fry, flour, shelf stable	1.0 tortilla	0.253
Asparagus, frozen, cooked, boiled, drained, without salt	1.0 cups	0.252
Soup, chicken gumbo, canned, condensed	0.5 cups (4 fl oz)	0.252
Cookies, chocolate sandwich, with creme filling, regular	3.0 cookie	0.252
Candies, fudge, chocolate, with nuts, prepared-from-	1.0 oz	0.251
Soup, onion, canned, condensed	0.5 cups (4 fl oz)	0.246
Soup, chicken, canned, chunky, ready-to-serve	1.0 cups	0.245
Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	1.0 cups, shredded	0.245
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	1.0 cups, shredded	0.245

Crackers, cream, Gamesa Sabrosas	11.0 crackers (1 NLEA serving)	0.241
Peas, edible-podded, raw	1.0 cups, chopped	0.239
Cookies, oatmeal, commercially prepared, regular	1.0 oz	0.238
Milk substitutes, fluid, with lauric acid oil	1.0 cups	0.237
Pomegranate juice, bottled	1.0 cups	0.237
Bread, rye	1.0 oz	0.234
Taro, tahitian, cooked, without salt	1.0 cups slices	0.23
Plantains, yellow, baked	1.0 cups	0.229
Cookies, oatmeal, with raisins	1.0 oz	0.227
Fast foods, croissant, with egg, cheese, and ham	1.0 item	0.225
Bagels, oat bran	1.0 mini bagel (2-1/2" dia)	0.224
Fast Foods, biscuit, with egg and sausage	1.0 item	0.224
Candies, dark chocolate coated coffee beans	1.0 serving 28 pieces	0.223
Bread, oat bran	1.0 oz	0.221
Snacks, potato chips, fat-free, made with olestra	1.0 oz	0.218
Figs, canned, water pack, solids and liquids	1.0 cups	0.218
Cookies, oatmeal, refrigerated dough	1.0 oz	0.217
Gooseberries, raw	1.0 cups	0.216
Syrups, table blends, pancake	1.0 cups	0.214
Cereals ready-to-eat, rice, puffed, fortified	1.0 cups	0.21
Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	1.0 cups	0.21
Crackers, saltines, whole wheat (includes multi-grain)	1.0 serving	0.209
Yardlong bean, cooked, boiled, drained, without salt	1.0 cups slices	0.209
Currants, red and white, raw	1.0 cups	0.208
Apricots, dried, sulfured, stewed, without added sugar	1.0 cups, halves	0.207
Focaccia, Italian flatbread, plain	1.0 piece	0.207
Onions, raw	1.0 cups, chopped	0.206
Vegetable juice cocktail, canned	1.0 cups	0.202
Cranberry sauce, canned, sweetened	1.0 cups	0.202
Rice noodles, cooked	1.0 cups	0.201
Cookies, peanut butter sandwich, special dietary	1.0 oz	0.2
Beverages, almond milk, chocolate, ready-to-drink	8.0 fl oz	0.199
Cookies, chocolate wafers	1.0 oz	0.197
Nuts, coconut cream, raw (liquid expressed from grated)	1.0 tbsp	0.196
Crackers, cheese, sandwich-type with cheese filling	6.0 cracker 1 cracker = 6.5g	0.194
Kale, raw	1.0 cups	0.193
Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	1.0 cups	0.193
Garlic bread, frozen	1.0 slice presliced	0.19
Biscuits, mixed grain, refrigerated dough	1.0 oz	0.187
Asparagus, canned, regular pack, solids and liquids	0.5 cups	0.185
Cherries, sour, red, canned, light syrup pack, solids and	1.0 cups	0.184
Cowpeas, leafy tips, raw	1.0 cups, chopped	0.183

Carrots, raw	1.0 cups chopped	0.183
Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	1.0 cups	0.183
Cookies, peanut butter, commercially prepared, regular	1.0 oz	0.182
Cookies, oatmeal, commercially prepared, special	1.0 oz	0.181
Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	0.5 cups	0.181
Candies, MOUNDS Candy Bar	1.0 bar snack size	0.18
POPEYES, biscuit	1.0 biscuit	0.18
Bread, white wheat	1.0 slice	0.178
Rowal, raw	0.5 cups	0.177
Kiwifruit, green, raw	1.0 cups, sliced	0.176
Bread, cheese	1.0 slice	0.176
Cookies, shortbread, commercially prepared, pecan	1.0 oz	0.175
Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	1.0 cups	0.174
Muffins, English, mixed-grain (includes granola)	1.0 oz	0.171
Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	1.0 pastry	0.169
Bread, stuffing, dry mix	1.0 oz	0.168
Soup, beef and vegetables, canned, ready-to-serve	1.0 cups	0.168
Corn, sweet, yellow, frozen, kernels cut off cob, unprepared (Includes foods for USDA's Food	1.0 cups	0.167
Cookies, brownies, prepared from recipe	1.0 oz	0.166
Spices, curry powder	1.0 tsp	0.166
Tomato juice, canned, with salt added	1.0 cups	0.165
Tomato juice, canned, without salt added	1.0 cups	0.165
Mountain yam, hawaii, raw	0.5 cups, cubes	0.165
Tomatoes, red, ripe, canned, packed in tomato juice	1.0 cups	0.163
Bread, french or vienna, toasted (includes sourdough)	1.0 oz	0.162
Snacks, tortilla chips, low fat, made with olestra, nacho	1.0 oz	0.162
Celery, cooked, boiled, drained, without salt	1.0 cups, diced	0.159
Cauliflower, green, raw	1.0 cups	0.158
Broccoli raab, raw	1.0 cups chopped	0.158
Candies, MARS SNACKFOOD US, M & M's Milk Chocolate Candies	1.0 package (1.69 oz)	0.158
Turnips, frozen, cooked, boiled, drained, without salt	1.0 cups	0.156
Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	1.0 cups	0.155
Nuts, coconut cream, canned, sweetened	1.0 tbsp	0.155
Mushrooms, Chanterelle, raw	1.0 cups	0.154
Crackers, wheat, sandwich, with cheese filling	0.5 oz	0.154
Cherries, sweet, canned, water pack, solids and liquids	1.0 cups, pitted	0.154
Bread, reduced-calorie, oatmeal	1.0 oz	0.153
Cookies, sugar wafers with creme filling, regular	3.0 cookies	0.152
Tomatoes, red, ripe, canned, stewed	1.0 cups	0.15
Bread, stuffing, cornbread, dry mix	1.0 oz	0.15
Beet greens, raw	1.0 cups	0.149



Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	1.0 can (6 fl oz)	0.145
Cabbage, chinese (pe-tsai), raw	1.0 cups, shredded	0.144
Bread, pound cake type, pan de torta salvadoran	1.0 serving	0.143
CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	1.0 cups	0.141
Cookies, chocolate sandwich, with extra creme filling	1.0 oz	0.141
Corn, sweet, yellow, canned, vacuum pack, regular pack	1.0 cups	0.141
Water convolvulus, cooked, boiled, drained, with salt	1.0 cups, chopped	0.14
Chicory roots, raw	1.0 root	0.14
Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	10.0 strips	0.139
Asparagus, cooked, boiled, drained	0.5 cups	0.139
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	1.0 mini bagel (2-1/2" dia)	0.138
Puddings, chocolate, dry mix, regular, prepared with	0.5 cups	0.138
Sausage, pork and turkey, pre-cooked	1.0 serving	0.136
Cookies, chocolate chip, commercially prepared, regular, lower fat	1.0 serving 3 cookies	0.134
Breadfruit, raw	1.0 cups	0.132
Bread, salvadoran sweet cheese (quesadilla salvadorena)	1.0 serving (approximate serving size)	0.132
Apricots, canned, heavy syrup pack, with skin, solids and	1.0 cups, halves	0.132
Purslane, raw	1.0 cups	0.13
Cake, yellow, prepared from recipe without frosting	1.0 piece (1/12 of 8" dia)	0.129
Frozen novelties, No Sugar Added, FUDGSICLE pops	1.0 serving	0.126
Snacks, tortilla chips, nacho-flavor, reduced fat	1.0 oz	0.124
Cookies, chocolate chip, refrigerated dough	1.0 serving	0.123
Cookies, peanut butter, commercially prepared, soft-	1.0 oz	0.122
Snacks, potato sticks	1.0 oz	0.12
Bread, white, commercially prepared, toasted	1.0 oz	0.119
Onions, frozen, whole, unprepared	0.33 package (10 oz)	0.119
Grapes, muscadine, raw	1.0 grape	0.118
POPEYES, Spicy Chicken Strips, analyzed 2006	1.0 strip	0.118
Peaches, canned, water pack, solids and liquids	1.0 cups, halves or slices	0.117
Peaches, canned, light syrup pack, solids and liquids	1.0 cups, halves or slices	0.115
Peaches, canned, extra heavy syrup pack, solids and liquids	1.0 cups, halves or slices	0.115
Potatoes, flesh and skin, raw	0.5 cups, diced	0.115
Cookies, chocolate sandwich, with creme filling, special	1.0 oz	0.114
Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	1.0 muffin	0.113
Onions, sweet, raw	1.0 NLEA serving	0.112
Beverages, Meal supplement drink, canned, peanut	1.0 cups	0.112

POPEYES, Mild Chicken Strips, analyzed 2006	1.0 strip	0.112
Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	1.0 oz	0.112
Cookies, shortbread, commercially prepared, plain	1.0 oz	0.111
Crackers, standard snack-type, sandwich, with peanut	0.5 oz	0.111
Biscuits, plain or buttermilk, frozen, baked	1.0 oz	0.111
Bread, reduced-calorie, white	1.0 oz	0.111
Peppers, pasilla, dried	1.0 pepper	0.111
Yogurt, fruit, low fat, 11g protein/8 oz	1.0 container (6 oz)	0.111
Carrots, frozen, unprepared (Includes foods for USDA's Food Distribution Program)	0.5 cups slices	0.109
Potatoes, boiled, cooked without skin, flesh, without	0.5 cups	0.109
Potatoes, boiled, cooked without skin, flesh, with salt	0.5 cups	0.109
Snacks, potato chips, barbecue-flavor	1.0 oz	0.109
Yogurt, fruit, low fat, 9 g protein/8 oz	1.0 container (6 oz)	0.109
Chicken, gizzard, all classes, cooked, simmered	1.0 cups chopped or dice	0.107
Jute, potherb, cooked, boiled, drained, without salt	1.0 cups	0.107
Endive, raw	0.5 cups, chopped	0.105
Crackers, melba toast, rye (includes pumpernickel)	0.5 oz	0.105
Litchis, raw	1.0 cups	0.104
Alcoholic beverage, pina colada, canned	1.0 fl oz	0.104
Mangos, raw	1.0 cups pieces	0.104
Snacks, tortilla chips, ranch-flavor	1.0 oz	0.103
Danish pastry, cinnamon, enriched	1.0 oz	0.103
Bread, irish soda, prepared from recipe	1.0 oz	0.101
POPEYES, Coleslaw	1.0 package	0.1
Crackers, wheat, sandwich, with peanut butter filling	0.5 oz	0.1
Danish pastry, cheese	1.0 oz	0.1
Cookies, fig bars	1.0 oz	0.097
Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	0.75 cups (1 NLEA serving)	0.097
Dessert topping, powdered	1.0 oz	0.097
Cherries, sweet, raw	1.0 cups, with pits, yields	0.097
Potatoes, mashed, dehydrated, flakes without milk, dry	1.0 cups	0.097
Croissants, cheese	1.0 oz	0.096
Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	1.0 serving 2.13 oz bar	0.096
Grapes, canned, thompson seedless, water pack, solids	1.0 cups	0.096
Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	1.0 cups	0.095
Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	1.0 cups	0.095
Cheese, mexican, queso chihuahua	1.0 cups, diced	0.094
Cake, shortcake, biscuit-type, prepared from recipe	1.0 oz	0.094
Croissants, butter	1.0 oz	0.094

Cherries, sour, red, frozen, unsweetened (Includes foods for USDA's Food Distribution Program)	1.0 cups, unthawed	0.088
Puddings, chocolate, ready-to-eat, fat free	1.0 serving 4 oz	0.088
Cake, coffeecake, cinnamon with crumb topping, dry	1.0 oz	0.088
Cookies, sugar, commercially prepared, regular (includes	1.0 oz	0.087
Puddings, rice, ready-to-eat	1.0 serving 4 oz pudding cups	0.087
Keikitos (muffins), Latino bakery item	1.0 piece	0.087
Beerwurst, beer salami, pork and beef	2.0 oz	0.087
Bologna, pork and turkey, lite	1.0 serving 2 oz	0.087
Beerwurst, pork and beef	1.0 serving 2 oz	0.087
Cake, snack cakes, creme-filled, sponge	1.0 oz	0.086
Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	1.0 cups	0.086
Spices, savory, ground	1.0 tsp	0.085
Liverwurst spread	0.25 cups	0.085
Cake, white, dry mix, special dietary (includes lemon-	1.0 oz	0.085
Corn, sweet, yellow, canned, drained solids, rinsed with tap water	1.0 cups drained, rinsed	0.084
Onions, frozen, whole, cooked, boiled, drained, without	1.0 cups	0.084
Pears, canned, light syrup pack, solids and liquids	1.0 cups, halves	0.083
Cookies, vanilla sandwich with creme filling	1.0 oz	0.083
Balsam-pear (bitter gourd), pods, raw	1.0 cups (1/2" pieces)	0.083
Figs, raw	1.0 large (2-1/2" dia)	0.082
Mushrooms, portabella, grilled	1.0 cups sliced	0.081
Radishes, raw	1.0 cups slices	0.08
Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	1.0 cookie	0.08
Crackers, cheese, regular	0.5 oz	0.08
Beverages, almond milk, sweetened, vanilla flavor,	8.0 fl oz	0.079
Spices, thyme, dried	1.0 tsp, leaves	0.079
Crackers, standard snack-type, regular	5.0 crackers	0.079
Tangerines, (mandarin oranges), raw	1.0 cups, sections	0.076
Bologna, pork, turkey and beef	1.0 oz	0.075
Candies, NESTLE, 100 GRAND Bar	1.0 bar (1.5 oz)	0.074
Applesauce, canned, sweetened, without salt	1.0 cups	0.074
Croutons, seasoned	0.5 oz	0.073
Pork, fresh, variety meats and by-products, brain,	3.0 oz	0.072
Cookies, sugar wafer, with creme filling, sugar free	1.0 oz	0.072
Kanpyo, (dried gourd strips)	1.0 strip	0.072
Cheese, parmesan, grated	1.0 cups	0.071
Croutons, plain	0.5 oz	0.071
Onions, frozen, chopped, unprepared	0.33 package (10 oz)	0.07
Onions, dehydrated flakes	1.0 tbsp	0.069
Soup, cream of chicken, canned, condensed, reduced	0.5 cups	0.068
Pears, raw	1.0 cups, slices	0.067

Spices, nutmeg, ground	1.0 tsp	0.064
Pie, fried pies, fruit	1.0 oz	0.064
Crackers, rusk toast	0.5 oz	0.062
Croissants, apple	1.0 oz	0.06
Cake, sponge, commercially prepared	1.0 oz	0.06
Papayas, raw	1.0 cups 1" pieces	0.058
Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	1.0 cups	0.057
Orange juice, chilled, includes from concentrate, with	1.0 cups	0.057
Snacks, corn-based, extruded, onion-flavor	1.0 oz	0.057
Salami, pork, beef, less sodium	3.0 oz	0.057
Cookies, brownies, dry mix, sugar free	1.0 oz	0.057
Fish, herring, Atlantic, pickled	1.0 cups	0.056
Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	3.0 oz	0.054
Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	0.75 cups (1 NLEA serving)	0.054
Cake, coffeecake, creme-filled with chocolate frosting	1.0 oz	0.054
Chicory, witloof, raw	1.0 head	0.053
Fish, cisco, raw	1.0 fillet	0.053
Cheese, mozzarella, low moisture, part-skim	1.0 cups, diced	0.051
Grapefruit, raw, pink and red, all areas	1.0 cups sections, with juice	0.051
Tamarind nectar, canned	1.0 cups	0.05
Grapefruit juice, white, canned, sweetened	1.0 cups	0.05
Pork, fresh, leg (ham), whole, separable lean only,	1.0 cups, diced	0.05
Pie, blueberry, commercially prepared	1.0 oz	0.05
Spices, bay leaf	1.0 tsp, crumbled	0.049
Spices, mustard seed, ground	1.0 tsp	0.049
Carambola, (starfruit), raw	1.0 cups, cubes	0.049
Beverages, cranberry-grape juice drink, bottled	1.0 fl oz	0.048
Spices, anise seed	1.0 tsp, whole	0.048
Spices, tarragon, dried	1.0 tsp, leaves	0.048
Soup, cream of mushroom, canned, condensed	0.5 cups	0.047
Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	2.0 tablespoon	0.046
Chicken, broilers or fryers, dark meat, meat only,	1.0 cups	0.046
Pork, fresh, variety meats and by-products, pancreas,	1.0 oz	0.045
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	1.0 cups	0.044
Milk, sheep, fluid	1.0 cups	0.044
Braunschweiger (a liver sausage), pork	1.0 oz	0.044
Lime juice, raw	1.0 cups	0.044
Pie, banana cream, prepared from recipe	1.0 oz	0.043
Fish, tilapia, raw	1.0 fillet	0.043
Candies, truffles, prepared-from-recipe	1.0 piece	0.042
Cheese, feta	1.0 cups, crumbled	0.042
Apples, raw, without skin	1.0 cups slices	0.042

Oranges, raw, California, valencias	1.0 cups sections, without membranes	0.041
Crackers, standard snack-type, sandwich, with cheese	0.5 oz	0.041
Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	1.0 oz	0.04
Cake, cheesecake, commercially prepared	1.0 oz	0.04
Pie, cherry, commercially prepared	1.0 oz	0.04
Snacks, fruit leather, rolls	1.0 large	0.039
Gourd, white-flowered (calabash), raw	0.5 cups (1" pieces)	0.038
Beverages, cranberry-apricot juice drink, bottled	1.0 fl oz	0.038
Fish, herring, Pacific, raw	3.0 oz	0.038
Pork sausage, link/patty, reduced fat, unprepared	3.0 oz	0.036
Cheese, cheddar (Includes foods for USDA's Food Distribution Program)	1.0 cups, diced	0.036
Alcoholic beverage, wine, table, white	1.0 fl oz	0.034
Cheese, swiss	1.0 cups, diced	0.034
Alcoholic beverage, wine, table, white, Chardonnay	1.0 fl oz	0.034
Chicken, broilers or fryers, giblets, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.034
Arrowhead, cooked, boiled, drained, without salt	1.0 medium	0.034
Cheese, mozzarella, whole milk	1.0 cups, shredded	0.034
Puddings, chocolate, ready-to-eat	1.0 oz	0.033
Bread, cornbread, prepared from recipe, made with low fat (2%) milk	1.0 oz	0.033
Spices, marjoram, dried	1.0 tsp	0.033
Bread, stuffing, cornbread, dry mix, prepared	1.0 oz	0.032
Turkey, all classes, back, meat and skin, cooked, roasted	1.0 cups, chopped or diced	0.032
Cheese, cottage, nonfat, uncreamed, dry, large or small curd	1.0 cups (not packed)	0.032
Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	1.0 slice	0.032
Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	1.0 fl oz	0.032
Cheese substitute, mozzarella	1.0 cups, shredded	0.032
Fish, bluefish, cooked, dry heat	1.0 fillet	0.032
Fish, bluefish, raw	1.0 fillet	0.032
Dessert topping, pressurized	1.0 cups	0.032
Cake, angelfood, dry mix, prepared	1.0 piece (1/12 of 10" dia)	0.032
Crustaceans, crab, queen, cooked, moist heat	3.0 oz	0.031
Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	3.0 oz (3 oz)	0.031

Puddings, tapioca, dry mix, with no added salt	1.0 package (3.5 oz)	0.03
Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	1.0 cups, diced	0.03
Lemon juice, raw	1.0 cups	0.029
Chicken, broilers or fryers, meat and skin, cooked, fried,	3.0 oz	0.029
Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	3.0 oz	0.029
Cheese food, pasteurized process, American, vitamin D	1.0 cups	0.028
Cheese spread, pasteurized process, American	1.0 cups, diced	0.028
Candies, 5TH AVENUE Candy Bar	1.0 bar 2 oz	0.028
Fish, yellowtail, mixed species, cooked, dry heat	0.5 fillet	0.028
Spices, caraway seed	1.0 tsp	0.027
Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	1.0 cups, chopped or diced	0.027
Fish, salmon, pink, canned, drained solids	3.0 oz	0.026
Pork, fresh, leg (ham), whole, separable lean and fat,	4.0 oz	0.026
Spices, mace, ground	1.0 tsp	0.025
Grapefruit, raw, white, Florida	1.0 cups sections, with juice	0.025
Sausage, pork and beef, with cheddar cheese, smoked	12.0 oz serving 2.7 oz	0.025
Cake, angelfood, commercially prepared	1.0 piece (1/12 of 12 oz cake)	0.024
Chicken, broilers or fryers, back, meat only, raw	4.0 oz	0.024
Frankfurter, meat	1.0 serving (1 hot dog)	0.023
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	3.0 oz	0.023
Egg, yolk, raw, frozen, sugared, pasteurized	1.0 oz	0.023
Fish, scup, cooked, dry heat	1.0 fillet	0.022
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to	3.0 oz	0.022
Fish, lingcod, cooked, dry heat	3.0 oz	0.022
Beverages, coffee, instant, decaffeinated, powder	1.0 tsp rounded	0.022
Fish, flatfish (flounder and sole species), cooked, dry	1.0 fillet	0.022
Mollusks, octopus, common, raw	3.0 oz	0.021
Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	1.0 package (3 oz)	0.021
Snacks, pork skins, barbecue-flavor	1.0 oz	0.021
Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.021
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked,	3.0 oz	0.02
Lamb, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	0.02
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat,	3.0 oz	0.02

Salami, Italian, pork	1.0 oz	0.02
Cheese, pasteurized process, swiss	1.0 cups, diced	0.02
Turkey, all classes, leg, meat and skin, cooked, roasted	3.0 oz	0.02
Cake, cherry fudge with chocolate frosting	1.0 oz	0.019
Pork, cured, ham, rump, bone-in, separable lean only,	3.0 oz	0.019
Pork, cured, ham, rump, bone-in, separable lean and fat,	3.0 oz	0.019
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	0.019
Pork, cured, ham, shank, bone-in, separable lean only,	3.0 oz	0.019
Pork, cured, ham, shank, bone-in, separable lean and	3.0 oz	0.019
Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.0 oz	0.019
Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	1.0 steak ( yield from 134.9 g raw meat )	0.018
Chicken breast, oven-roasted, fat-free, sliced	1.0 serving 2 slices	0.018
Salad dressing, thousand island dressing, reduced fat	1.0 tablespoon	0.018
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	0.018
Lamb, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	0.018
Lamb, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	0.018
Nabisco, Nabisco Ritz Crackers	1.0 cracker	0.018
Grapefruit, sections, canned, juice pack, solids and	1.0 cups	0.017
Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	1.0 fl oz	0.017
Grapefruit, sections, canned, water pack, solids and	1.0 cups	0.017
Fish, salmon, pink, canned, without salt, solids with	3.0 oz	0.017
Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	3.0 oz	0.017
Chicken, broilers or fryers, leg, meat and skin, cooked,	3.0 oz	0.017
Fish, cod, Atlantic, canned, solids and liquid	3.0 oz	0.017
Cheese, cottage, lowfat, 2% milkfat	4.0 oz	0.017
Snacks, corn-based, extruded, puffs or twists, cheese-flavor	1.0 oz crunchy (about 21 pieces)	0.017
Snacks, potato chips, made from dried potatoes, cheese-	1.0 oz	0.016
Squab, (pigeon), meat and skin, raw	3.0 oz	0.016
Fish, salmon, chum, cooked, dry heat	3.0 oz	0.016
Fish, mahimahi, cooked, dry heat	3.0 oz	0.016
Fish, tuna, skipjack, fresh, cooked, dry heat	3.0 oz	0.016
Fish, seatrout, mixed species, cooked, dry heat	3.0 oz	0.016
Chicken, broilers or fryers, light meat, meat only, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.016
Chicken, skin (drumsticks and thighs), raw	4.0 oz	0.016
Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	1.0 steak	0.016

Ham, honey, smoked, cooked	1.0 oz (1 serving)	0.015
Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked,	3.0 oz	0.015
Crustaceans, spiny lobster, mixed species, cooked, moist	3.0 oz	0.015
Fish, salmon, coho, wild, cooked, moist heat	3.0 oz	0.015
Guinea hen, meat only, raw	3.0 oz	0.015
Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	1.0 serving ( 3 oz )	0.014
Turkey, whole, dark meat, meat and skin, cooked,	3.0 oz	0.014
Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	3.0 oz	0.014
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	3.0 oz	0.014
Egg, whole, cooked, poached	1.0 large	0.014
Egg, whole, raw, fresh	1.0 large	0.014
Chicken, broilers or fryers, leg, meat only, cooked, fried	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.014
Fish, cod, Pacific, raw (may have been previously frozen)	1.0 fillet	0.014
Egg, whole, cooked, fried	1.0 large	0.014
Cheese, ricotta, whole milk	0.5 cups	0.014
Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	0.014
Fish, tuna, white, canned in oil, drained solids	3.0 oz	0.014
Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	1.0 package (3 oz)	0.014
Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	0.014
Gravy, brown instant, dry	1.0 serving	0.014
Cheese, provolone	1.0 cups, diced	0.013
Whey, sweet, dried	1.0 cups	0.013
Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	3.0 oz	0.013
Game meat, elk, round, separable lean only, cooked, broiled	1.0 serving ( 3 oz )	0.013
Fish, wolffish, Atlantic, raw	3.0 oz	0.013
Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	3.0 oz	0.013
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked,	3.0 oz	0.013
Veal, shank (fore and hind), separable lean and fat,	3.0 oz	0.013
Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat,	3.0 oz	0.013
Eggnog	1.0 cups	0.013
Dill weed, fresh	5.0 sprigs	0.013
Sausage, chicken, beef, pork, skinless, smoked	1.0 link	0.013
Bologna, meat and poultry	1.0 slice	0.013
Pork, fresh, enhanced, loin, tenderloin, separable lean	4.0 oz	0.012
Turkey, drumstick, from whole bird, meat only, raw	4.0 oz	0.012



Cheese, ricotta, part skim milk	0.5 cups	0.012
Puddings, tapioca, ready-to-eat, fat free	1.0 container refrigerated 4 oz	0.012
Bologna, chicken, turkey, pork	1.0 serving	0.012
Pork sausage, link/patty, fully cooked, unheated	1.0 link	0.012
Frankfurter, pork	1.0 link	0.012
Sausage, turkey, fresh, raw	1.0 serving	0.012
Fish, grouper, mixed species, raw	3.0 oz	0.012
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked,	3.0 oz	0.012
Fish, mackerel, spanish, raw	3.0 oz	0.012
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat,	3.0 oz	0.012
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to	3.0 oz	0.012
Cheese, pasteurized process, American, fortified with	1.0 oz	0.012
Puddings, vanilla, dry mix, regular, with added oil	1.0 package (3.12 oz)	0.011
Puddings, banana, dry mix, regular, with added oil	1.0 package (3.12 oz)	0.011
Fish, mackerel, jack, canned, drained solids	1.0 oz, boneless	0.011
Barbecue loaf, pork, beef	1.0 oz	0.011
Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	4.0 oz	0.011
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	4.0 oz	0.011
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	4.0 oz	0.011
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	4.0 oz	0.011
Pork, ground, 96% lean / 4% fat, raw	4.0 oz	0.011
Milk shakes, thick chocolate	1.0 fl oz	0.011
Pork, ground, 96% lean / 4% fat, cooked, crumbles	3.0 oz grilled patties	0.011
Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked,	3.0 oz	0.011
Beef, ground, 90% lean meat / 10% fat, patty, cooked,	3.0 oz	0.011
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.0 oz	0.011
Fish, swordfish, cooked, dry heat	3.0 oz	0.011
Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	1.0 serving ( 3 oz )	0.011
Cheese, camembert	1.0 oz	0.011
Onions, frozen, chopped, cooked, boiled, drained,	1.0 tbsp chopped	0.011
Bacon and beef sticks	1.0 oz	0.011
Chicken, broilers or fryers, back, meat and skin, raw	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.011
Cheese, muenster	1.0 cups, diced	0.011

Game meat, elk, ground, cooked, pan-broiled	1.0 patty ( yield from 104.1 g raw meat )	0.01
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked,	3.0 oz	0.01
Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	3.0 oz	0.01
Fish, grouper, mixed species, cooked, dry heat	3.0 oz	0.01
Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	1.0 serving ( 3 oz )	0.01
Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	3.0 oz	0.01
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	0.01
Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	4.0 oz	0.01
Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	4.0 oz	0.01
Chicken, dark meat, thigh, meat only, with added	4.0 oz	0.01
Infant formula, GERBER, GOOD START 2 Soy, with iron,	1.0 fl oz	0.01
Fish, herring, Atlantic, raw	1.0 oz, boneless	0.01
Bratwurst, pork, beef and turkey, lite, smoked	1.0 serving 2.33 oz	0.01
Milk, producer, fluid, 3.7% milkfat	1.0 cups	0.01
Vanilla extract	1.0 tsp	0.01
Turkey, white, rotisserie, deli cut	1.0 oz (1 serving)	0.01
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	3.0 oz	0.009
Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	3.0 oz	0.009
Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	0.009
Fish, pollock, Alaska, cooked	3.0 oz	0.009
Turkey, whole, breast, meat only, cooked, roasted	3.0 oz	0.009
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3.0 oz	0.009
Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	3.0 oz	0.009
Fish, haddock, raw	3.0 oz	0.009
Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	1.0 serving ( 3 oz )	0.009
Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3.0 oz	0.009
Turkey from whole, light meat, meat only, with added solution, cooked, roasted	3.0 oz	0.009
Fish, trout, rainbow, farmed, cooked, dry heat	1.0 fillet	0.009
Game meat, bison, ground, cooked, pan-broiled	1.0 patty ( yield from 112.7 g raw meat )	0.009

Sweeteners, for baking, brown, contains sugar and	1.0 tbsp	0.009
Turkey, ground, 93% lean, 7% fat, pan-broiled crumbles	3.0 oz	0.009
Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	3.0 oz	0.009
Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	3.0 oz	0.009
Egg substitute, powder	0.35 oz	0.008
Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	3.0 oz	0.008
Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	3.0 oz	0.008
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.0 oz	0.008
Pork, fresh, loin, whole, separable lean and fat, cooked,	3.0 oz	0.008
Pork, Leg sirloin tip roast, boneless, separable lean and	3.0 oz	0.008
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	3.0 oz	0.008
Pastrami, beef, 98% fat-free	1.0 serving 6 slices	0.007
Cream, fluid, heavy whipping	1.0 cups, whipped	0.007
Milk, buttermilk, dried	0.25 cups	0.007
Veal, breast, whole, boneless, separable lean only,	3.0 oz	0.007
Yogurt, plain, whole milk	1.0 container (6 oz)	0.007
Yogurt, plain, low fat	1.0 container (6 oz)	0.007
Veal, breast, whole, boneless, separable lean and fat, cooked, braised	3.0 oz	0.007
Fish, ocean perch, Atlantic, cooked, dry heat	1.0 fillet	0.007
Arugula, raw	1.0 leaf	0.006
Sauce, cheese, ready-to-serve	0.25 cups	0.006
Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	1.0 cups	0.006
Milk, dry, nonfat, regular, without added vitamin A and	0.25 cups	0.006
Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	1.0 serving fun size (8 chews)	0.006
Cream substitute, liquid, with lauric acid oil and sodium caseinate	1.0 container, individual	0.006
Soup, chicken broth or bouillon, dry	1.0 cube	0.006
Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat,	1.0 oz	0.006
Fish, cisco, smoked	1.0 oz	0.006
Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	3.0 oz	0.006
Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	3.0 oz	0.006
Flan, caramel custard, dry mix	1.0 package (3 oz)	0.006
Alcoholic beverage, liqueur, coffee, 63 proof	1.0 fl oz	0.006
Sausage, Italian, sweet, links	1.0 link 3 oz	0.006

Beverages, coffee substitute, cereal grain beverage, prepared with water	1.0 fl oz	0.006
Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.006
Lamb, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	1.0 oz	0.006
Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to	1.0 oz	0.005
Chicken, broilers or fryers, drumstick, meat only, cooked, fried	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.005
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	3.0 oz	0.005
Turkey, retail parts, thigh, meat and skin, cooked,	3.0 oz	0.005
Turkey, ground, fat free, patties, broiled	3.0 oz	0.005
Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	1.0 fl oz	0.005
Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups	0.005
Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	1.0 cups	0.005
Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	1.0 cups	0.005
Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	1.0 fl oz	0.005
Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.005
Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	5.0 fl oz	0.005
Ginger root, raw	1.0 tsp	0.005
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.005
Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8"	4.0 oz	0.005
Alcoholic beverage, tequila sunrise, canned	1.0 fl oz	0.004
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.004
Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	1.0 oz	0.004
Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat,	3.0 oz	0.004
Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	3.0 oz	0.004
Longans, dried	1.0 fruit	0.004
Ice creams, vanilla, light, no sugar added	1.0 serving 1/2 cups	0.004
Dessert topping, powdered, 1.5 ounce prepared with	1.0 cups	0.004
Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.004

Fish, flatfish (flounder and sole species), raw	1.0 oz, boneless	0.004
Papaya, canned, heavy syrup, drained	1.0 piece	0.004
Fish, roe, mixed species, cooked, dry heat	1.0 oz	0.004
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.004
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to	1.0 oz	0.004
Egg, white, raw, fresh	1.0 large	0.004
Egg, whole, cooked, omelet	1.0 tbsp	0.004
Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.003
Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.003
Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.0 oz	0.003
Cheese, cottage, lowfat, 1% milkfat	4.0 oz	0.003
Cheese, cottage, creamed, with fruit	4.0 oz	0.003
Cheese, neufchatel	1.0 oz	0.003
Fish, ocean perch, Atlantic, raw	1.0 oz, boneless	0.003
Candies, caramels, chocolate-flavor roll	1.0 piece	0.003
Chicken, broilers or fryers, wing, meat only, raw	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.003
Infant Formula, GERBER GOOD START 2, GENTLE PLUS,	1.0 fl oz	0.003
Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	1.0 fl oz	0.003
Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat,	1.0 oz	0.003
Veal, breast, separable fat, cooked	1.0 oz	0.003
Veal, breast, whole, boneless, separable lean and fat,	1.0 oz	0.003
Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.003
Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	1.0 oz	0.003
Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	1.0 oz	0.003
Veal, shank (fore and hind), separable lean only, raw	1.0 oz	0.003
Cheese, blue	1.0 oz	0.003
Veal, shank (fore and hind), separable lean and fat, raw	1.0 oz	0.003
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	1.0 scoop	0.002
Milk, canned, condensed, sweetened	1.0 fl oz	0.002
Milk, dry, nonfat, calcium reduced	1.0 oz	0.002
Cheese, cottage, creamed, large or small curd	4.0 oz	0.002
Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	4.0 oz	0.002
Salad dressing, mayonnaise type, regular, with salt	1.0 tbsp	0.002

Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	1.0 fl oz	0.002
Milk, canned, evaporated, with added vitamin D and without added vitamin A	1.0 fl oz	0.002
Alcoholic beverage, whiskey sour, canned	1.0 fl oz	0.002
Cream, sour, cultured	1.0 tbsp	0.002
Chicken, broilers or fryers, separable fat, raw	1.0 tbsp	0.002
Alcoholic beverage, beer, light, BUD LIGHT	1.0 fl oz	0.002
Olives, ripe, canned (small-extra large)	1.0 tbsp	0.002
Cheese, cream	1.0 tbsp	0.002
Alcoholic beverage, daiquiri, canned	1.0 fl oz	0.002
Infant formula, MEAD JOHNSON, ENFAMIL, Premature, with iron, 24 calories, ready-to-feed	1.0 fl oz	0.002
Cream, fluid, half and half	1.0 fl oz	0.002
Cream, fluid, light (coffee cream or table cream)	1.0 fl oz	0.002
Cream, fluid, light whipping	1.0 cups, whipped	0.001
Salad dressing, mayonnaise, regular	1.0 tbsp	0.001
Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	1.0 fl oz	0.001
Margarine-like, margarine-butter blend, soybean oil and	1.0 tbsp	0.001
Cream, whipped, cream topping, pressurized	1.0 cups	0.001